



10 Days

# Cuba

Colonial Cuba & Revolutionary Women

Discover the magic of Cuba in this 9 day journey! This trip has been specifically designed to explore the life of Cuban women, from working, single mothers, to national ballet dancers, high school students and famous potters. We will have the opportunity to meet with women from all walks of life as we travel around this incredible island, allowing us to really soak up the culture of the place. What's more, over our journey we will visit many key sights of the Cuban Revolution which will offer us an insight into the fascinating political history of this unique country.

**A WOMAN'S  
PERSPECTIVE**



# Recommended tour itinerary

Day  
1-2

## Arrive Havana

Today we depart the UK ready for our adventure to Cuba on an overnight flight. Upon our arrival in Cuba we will be met by our Trip Leader, a local woman who will be with us throughout the trip and be able to offer an in depth insight into Cuban life. We transfer to our hotel where we can freshen up and relax after our flight. Time permitting we will have a chance to explore glorious Havana this evening.

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Day  
3

## Trinidad via Santa Clara

Today we will transfer to the beautiful town of Trinidad. En-route we stop at Santa Clara where we visit the Farm of Mislledis and the Che Monument. Here we will learn about the female fighters and their role in the Cuban Revolution. Onwards towards Trinidad we pass by a preserved sugar plantation, offering an insight into the history of slavery on the island.

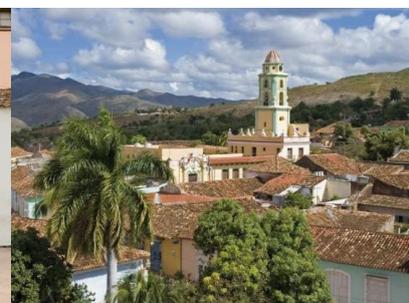
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Day  
4

## Trinidad

Awaking in Trinidad will be a little like waking up in the 1850's, this beautiful town could be a time capsule to Spanish colonial Cuba and has been a UNESCO World Heritage site since 1988. Today we will be exploring the life of Cuban women. Our first stop will be to meet a local family famous for their pottery and the women still working to maintain this tradition today. Afterwards we meet with female teachers and artisans to discuss how the revolution affected women in Cuba and the challenges they face in their day to day lives.

Having enjoyed a delicious Cuban lunch we will visit the home of a local single, working mother with whom we learn not only about the struggles of her position but also the benefits of life as a woman in Cuba compared to other countries. The people we meet today will really allow us to delve deeper into the Cuban way of life and connect with the local women here, we may well be surprised by how similar some of our own lives are!





Day  
5

## Camaguey

This morning we will transfer to Camaguey where we visit the studio of a famous Cuban artist who exhibits across the world - who knows, it may inspire the artists within us! We then visit the Camaguey Ballet School, a national dance school. Here we have the opportunity to sit in on a rehearsal, meet with some of the dancers as well as the women who work behind the scenes who keep the school operating: the shoemakers, dressmakers and the directors. No doubt we will be impressed by the dedication and precision that everyone involved in this school displays.

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Day  
6-7

## Santiago de Cuba

On the morning of day 6 we transfer to Santiago de Cuba, a bustling city which has played an instrumental role in the evolution of Cuban literature, music, architecture and politics. Here we visit the memorial of Vilma Espin. Espin was often described as Cuba's First Lady and was a key part of the Cuban Revolution. We learn about her life and why she is seen as a symbol of strength for women and the changes she brought about in her role as President of the Federation of Cuban Women from its foundation in 1960 until her death.

We are able to meet with a group of girls from a local high school where we can talk about their experiences in education, recreation and their social lives here in Cuba. It will be interesting to see if life as a Cuban teenager is similar to back home in the UK. As we have two days here, there is plenty of time to explore Santiago de Cuba and the beautiful sights this city has to offer.

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Day  
8

## Havana

This morning we fly to Havana where we will take a walking tour of Old Havana, just like we imagined it to be only more vivid and lively! During our explorations we learn about the history of the city and the Cuban Afro culture and beliefs. It will be an excellent chance to take any last photos against the classic Cuban architecture and cars. Opportunities find any final souvenirs of our trip will be plentiful!

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Day  
9-10

## Depart Cuba

Today we will transfer to the airport to wave farewell to our Trip Leader and the wonderful island of Cuba. We arrive back in the UK on day 10 after an overnight flight, brimming with stories of our travels.

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# Further information

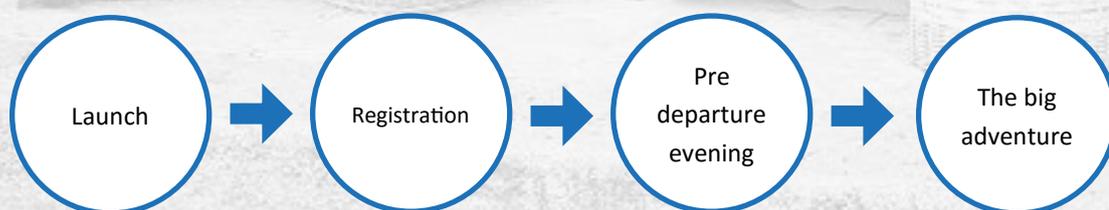
## Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local tour leader
- Parent and student trip launch evening
- Pre-departure preparation evening
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

## What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

## Your educational journey timeline



## Physical journey rating:



Anyone fit and healthy should be able to actively participate in this trip. There is very little physical activity although you will be expected to carry your own luggage at times. Walking around markets, city tours and such like is common and so you could be spending a few hours on your feet.

## Culture shock rating:



Expect to find local life broadly familiar to that in the UK, however aspects of the trip are likely to be in remoter areas where differences are more profound. Whilst English may not be the native language, you can expect it to be widely spoken. There may be some cultural differences and although western pallets should be well catered for there will be the opportunity to try new dishes.



# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your educational journey.

## 1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your educational travel itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

## 3 Arrange a trip launch evening at your school

This is a chance for students and parents to hear more about the planned adventure with a comprehensive information evening and an opportunity for questions.



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